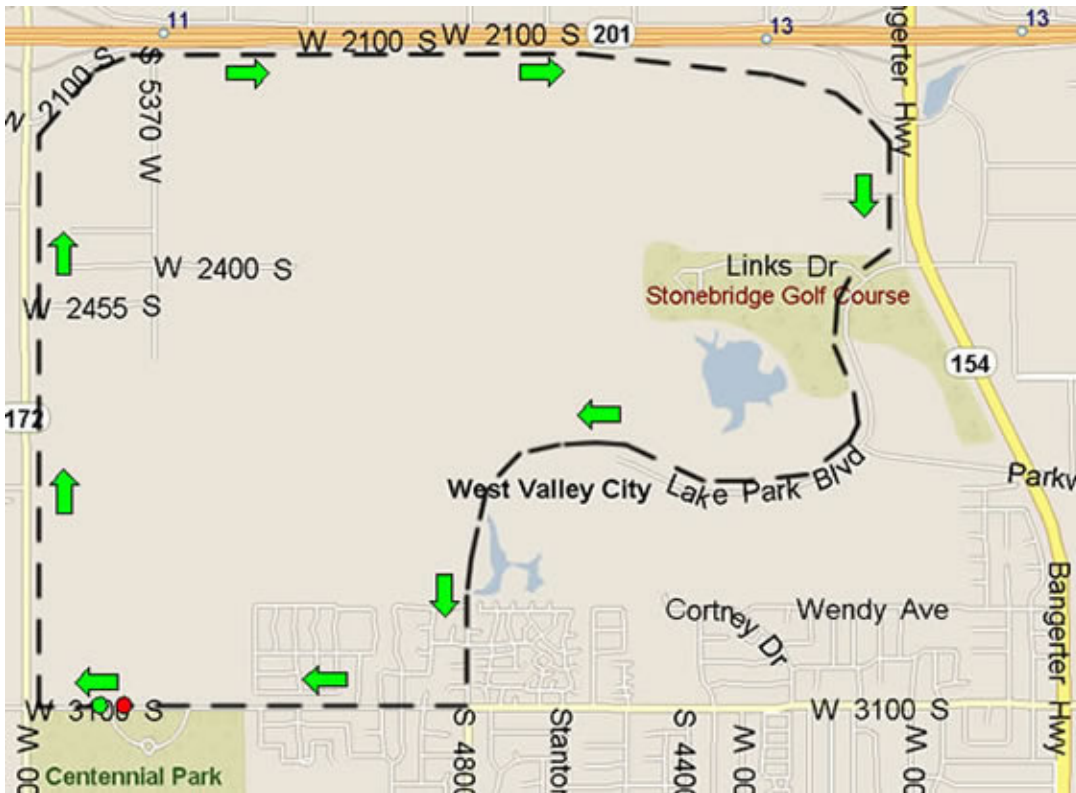


Bike Course

**Standard does 2 laps,
Novice does 1**

You will exit the pool through the west deck doors by the lap pool. This is where your bike will be located. Exit the parking lot to the north and turn left (west) on 3100 South. Turn right (north) on 5600 West and continue to Frontage Rd. (located to the south of 201). Turn right (east) onto Frontage Rd. and continue to Bangerter Hwy. Turn right (south) onto Bangerter. (WVC Police will close this section of the road to traffic.) Take the first right (west) into Lake Park (towards Stonebridge Golf Course) and continue through Lake Park (it curves south and then west). You will take a left through a round-about to 4800 West. You will be heading south at this point. Turn right (west) on 3100 South and follow back to where you started the course. Carefully cross 3100 South back to the transition area. The run will begin here.



Standard Division Run

Start in the transition area head East on the running track, Continue on the running track until the end of Centennial Park, Stay straight on the sidewalk along 3100 South. Take a right on 4800 West. Take your third right on Lemar Way. Turn left just before the dead end onto Park Vista Drive, Turn right onto Park Springs Drive, Stay right on Park Springs Drive as the road turns north. Turn right onto 3285 South. Turn Left onto Summer Trail Drive. Go left at the big round-about onto Eagle Rock Way. Go left on Park Springs Drive, Turn right onto the sidewalk that leads back the running track around Centennial Park. Turn left on the running track and follow the running track all the way around Centennial Park back to the Finish Line!



Novice Division Run

Start where you leave your bike at the west entrance to the Fitness Center. Head East on the running track, follow the running track around Centennial Park to the finish line.

